

## Pool Lifeguard

**Ofqual Title:** STA Level 2 Award for Pool Lifeguard (QCF)

**SQA Title:** STA Professional Award for Pool Responder at SCQF Level 7

### Aim

The **Pool Lifeguard** qualification aims to train lifeguards in pool rescue, CPR techniques, first aid and dealing with poolside emergencies in accordance with the National Occupational Standards and Sections 140 – 185 of Managing Health and Safety in Swimming Pools Document and British Standard BS EN 15288 Part 2, Safety Requirements for Operations.

### Pre-requisites

- Be of 16 years of age or older
- Be able to swim 100 metres on their front and back without stopping
- Be able to swim 50 metres in under 1 minute
- Be able to surface dive and recover an object from the deepest part of the pool

### Validity of Award

2 years.

### Length of Course

34 Recommended Guided Learning Hours.

### Course Information

The **Pool Lifeguard** qualification covers:

- Knowing how to prepare and maintain a healthy and safe pool environment
- Knowing how to carry out pool emergency procedures and basic rescue skills
- Knowing how to observe activities carefully and continuously while supervising the pool
- Knowing how to give customers information and help
- Understanding the need to educate customers on how to use the pool safely
- Knowing how to identify and deal with any potential hazards promptly and safely while the pool is in use
- Giving information and help with effective communication with customers and colleagues
- Understanding the Pool Safety Operating Procedures
- Understanding the roles and responsibilities of a pool responder and first aider
- Understanding basic first aid procedures for injuries sustained in an aquatic environment
- Knowing how to respond to a pool emergency situation and administer basic life support
- Understanding the differences when dealing with various kinds of casualties
- Being able to respond to simulated pool emergencies
- Understanding the importance of recording, reporting and analysing pool emergency and first aid situations

### Assessment

The assessment criteria are as follows:

- Complete a portfolio and worksheet questions to the satisfaction of the course tutor
- Complete a 30 question multiple-choice paper with a pass mark of 22/30
- Demonstrate the ability to carry out rescue activities in a safe, effective and prompt manner

- Demonstrate CPR on a sudden collapse, cardiac, baby or child casualty in a safe, prompt and effective manner
- Demonstrate the management of an unconscious casualty including Primary Survey and recovery position in a safe, prompt and effective manner

**Revalidation**

This qualification requires revalidation every 2 years to update knowledge and demonstrate understanding.